



THE CITY OF SAN DIEGO  
**San Diego Public Library**

**FOR IMMEDIATE RELEASE**  
Wednesday, September 11, 2013

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**PEACE FOR THE PEOPLE: NEW CENTRAL LIBRARY HOSTS FREE  
WEEKLY MEDITATION WORKSHOP**

*Reduce Stress Levels and Learn Healthy Ways to Face Life's Daily Challenges*

**SAN DIEGO** – The San Diego Public Library and The Meditation Initiative (TMI), whose goal is to provide free meditation for everyone, will host free weekly *Meditation Workshops* from 6:30 p.m. to 7:30 p.m. every Wednesday evening at the New Central Library, located at 330 Park Blvd in downtown San Diego. The workshops begin on October 2.

We experience so much so stress, anxiety and anger on a daily basis. Meditation is a free and easy way to help with our mental and emotional health. Many people fear they don't know how to meditate or that they are not doing it right. Not to worry, TMI has simplified it for you, the most challenging part being to actually make the time to sit and meditate. There is no right or wrong way to meditate, no special sitting positions, and no right frames of mind. Once you are sitting the rest is very easy. TMI approaches meditation simply as a daily practice of mindfulness laying the foundation for a happier and healthier life.

Founded in 2009 by executive director Jeff Zlotnik, The Meditation Initiative has brought the mental health benefits of mindfulness and meditation to the San Diego community, teaching meditation as an alternative way of finding peace amidst life's chaos and storm to more than 15,000 people for free. Visit TMI at <http://meditationinitiative.org/>.

Learn about other events at the San Diego Public Library's New Central Library and 35 branches, find links to numerous additional resources, or search for materials in the Library's catalog online at [www.sandiegolibrary.org](http://www.sandiegolibrary.org).

*Inspiring lifelong learning through connections to knowledge and each other*  
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